

Dear Patients,

Here we are nearly half way through February! We are in the full swing of the season with many returning clients, as well as new people, ready to lose weight. The holidays have come and gone. So, now is the time to get back on track to achieve our weight loss goals.

Do not feel embarrassed if you have gained some of your weight back. It happens to all of us (me included). The important thing is to get back on track!

Often people are amazed at the amount of weight they have gained. Therefore, I thought I would list some of the most common causes of weight gain we see here at the office.

- 1.) Overeating or not eating the correct foods (not necessarily junk/sweet food, but taking in more calories than we expend).
- 2.) Not drinking enough water (substituting sugary beverages, alcohol, milk or juice for water).
- 3.) Skipping daily weigh in.
- 4.) Lack of sleep, less than 7 hours/night (leads to increased cortisol, increased insulin and belly fat).
- 5.) Medical conditions (examples include hypothyroid, polycystic ovarian syndrome, congestive heart failure, kidney disease, sleep apnea, autoimmune diseases, diabetes, etc).
- 6.) Stress (moving, death of loved one, job, family).
- 7.) Medications: steroids, antidepressants, migraine meds, seizure/epilepsy meds, blood pressure meds (beta blockers, calcium channel blockers), diabetic meds, antipsychotics etc).
- 8.) Aging/menopause (decreasing estrogen leads to increased belly fat, slowing down of metabolism).
- 9.) Lack of exercise.
- 10.) Depression.
- 11.) Not journaling food intake.

And the list goes on and on. The point is, we need to take back control of our lives. We are here to help you!

So to get you jump started, we will give 3 lipos to every returning patient who comes in to get back on track by February 21, 2019. Treat yourself to your own Valentine's Day gift!

Hope to see you soon.

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